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The Achiever: October 2013

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The College at Brockport, "The Achiever: October 2013" (2013). *EOP Newsletters*. 10.
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The Achiever

THE ARTHUR O. EVE OPPORTUNITY FOR HIGHER EDUCATION PROGRAM

**The College at
Brockport
Division of
Enrollment and
Student Affairs**

FROM THE DIRECTOR:

Moving On.

Yes, guys and ladies its October and we are at midterm so my question is have you taken a good look at your grades and determined how you are doing in each of your courses? I sure hope you have. I also hope you are having this type of discussion with your EOP counselor.

This is Hispanic Heritage Month and I want to share in celebrating this with all of you, so please pay attention to the announcement of our Hispanic Month Celebration.

To each of our graduating seniors for December, I am looking forward to having a one on one with each of you before the end of this fall semester. Please call or stop in to talk with me. I am very interested in your future plans and assisting you in every way I can.

Now to each of you please remember it will be December very quickly and the semester will be at an end so be diligent and TAKE CARE OF BUSINESS!



Volume XX Issue II

October 2013



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**REMAINING FALL 2013 CHECK
DISTRIBUTION DATES**

November 21 December 5

Financial Aid News

You should always be aware of your financial situation as it relates to your college experience. Please pay particular attention to the following items:

Be aware of any charges you have incurred on your student account. If you incur charges before you get a refund, they'll be deducted from the refund. If you incur charges after you receive your refund, you must pay them. Charges such as parking tickets, dorm damage, book store charges, easy money etc., will impact your financial status.

Always monitor your meal plan usage. You don't want to be caught short at the end of the semester. Please remember that any meal plan funds left over at the end of the Fall term carry over to the Spring term. Any funds left over at the end of the Spring term are eliminated.

Do you really **need** that new TAPOUT shirt? Your personal funds need to last. Choose wisely.

If you get a refund check, **PLEASE VERIFY THAT THE AMOUNT IS CORRECT!** Always consult with your EOP counselor before you spend the funds. You will be held accountable for any funds to which you are not entitled.

Make sure you understand all components of your financial aid award and your student bill. **NEVER ASSUME, ALWAYS ASK!**

Please avoid getting/using a credit card. Misusage can have serious financial and personal consequences.

Do you really need all of your refund? Paying down your loans is always a smart play. Start your advanced planning for potential winter break and summer break jobs. Saving your earnings can reduce your loans even further.

Please think long and hard about the pros/cons of getting a part time job while in school. You need to concentrate on getting good grades. There is a major difference between financial need and financial desires. Know the difference between short term sacrifice vs. long term gain.

Don't forget that your cumulative GPA and amount of earned credits can have a direct impact on you receiving your full financial aid. You must stay aware of your status. Please consult with your counselor to help ensure your complete and detailed understanding of this important information.

SAVE THE DATE!!!

The Educational Opportunity Program Presents:

35th Annual Honors & Recognition Banquet

Saturday, April 12, 2014

Seymour College Union Ballroom

For more information please contact:

Dan Askey, Senior Counselor @ 395-5438, Rakov G9C

DaNeille Kruger, Graduate Counselor @ 395-5819, Rakov G20

Division of Enrollment Management and Student Affairs.

Notes from the EOP Academic Coordinator...

Greetings EOP Scholars,

We are almost halfway through the semester. I encourage you all to get the extra academic support you need to make the grade. Please make sure to see your tutors to receive the supports you need to assist in your academic success. Also, the PAL Program has been in operation since Sept. 10, 2013. Please use this additional layer of supports to assist in increasing your course success rate. Here are a few more study tips I would like to provide you with from Scholarships.com:

Study Smart Give Yourself Time. One of the best ways to study smart is to avoid cramming. Spread your studying out over the course of the entire term, reviewing your notes after each lecture or reading assignments (yes, you should be taking notes on these things) and periodically refreshing your memory of what's been covered so far in the course as you integrate new material into your understanding of the subject.

However, nobody's perfect and I've yet to meet a student who is this flawlessly on top of all of her work for every class. You may be balancing work and college, and you certainly have other courses and a life to attend to. Plus, it's human nature to procrastinate a bit. So if you realize you have a test coming up and you're not entirely prepared, don't beat yourself up. Instead, clear a bit of room in your schedule each evening for a week or two before the test to review material. The most effective studying is done in blocks of 45 minutes or less, with retention abilities decreasing the longer you cram without a break. By scheduling a bit of studying into each evening, you'll not only save yourself the all-nighter, but you'll also be more likely to remember what you read.

Remove Distractions Effective studying takes place in a quiet and well-lit setting with ample space and few distractions. In a communal living situation, however, this space can be hard to come by. Even if you do manage to find a secluded corner of your dorm room, the library, the student union or your favorite coffee shop, the college lifestyle doesn't always mesh well with quiet studying. You still may have to contend with a host of distractions, ranging from your cell phone to your laptop to your study partners.

Depending on what you're studying, you may want to study alone, or limit group time to the time it will actually be productive. Turn off your TV and your phone while studying and refuse to let anything less important interrupt. Take breaks when you find yourself getting distracted, and consider employing one of a number of methods to get distracting thoughts out of your way (writing them down for later comes highly recommended). If you find yourself surfing the Internet instead of reading or writing, a number of programs are available to forcibly block all distracting programs until you've completed your homework.

Take Care of Yourself People study best when they're awake and alert. They don't study best immediately after a huge meal or immediately before bed. Skipping meals and missing sleep can reduce your powers of retention and comprehension. Overdoing it on alcohol, caffeine, or carbohydrates can also make your brain sluggish and less able to absorb new information. Luckily, despite what you may think, it is possible to work "brain food" into a college budget diet. However, while getting plenty of sleep and eating brain food can help you learn more easily, lifestyle changes won't necessarily result in good grades without the study skills to back them up.

Learn How You Learn Everyone has a different learning style, but there are a number of tips and tricks that can make studying easier for you. Lists of mnemonic devices and study strategies with adorable names abound online, but ultimately, your choice of study method comes down to trial and error and personal preference. The more you know about yourself as a learner, though, the easier it can be to make sure you're retaining information. Some students do well with flashcards, others with transcribing their notes into an outline or with finding ways that the items to study relate to each other. Your roommate's study tips may work better for her than for you. Learn about different study strategies and try a few out. Once you've settled on methods that work, you'll see a difference in how much time it takes you to be prepared for exams.

How to Prepare for a College Exam **Exam preparation begins on the first day of class.** This is one of the most important pieces of information for a college freshman to understand. On most college level exams everything mentioned in class is fair game. It's not uncommon for a question like—what's your professors favorite tie?—to appear as an extra credit question on an exam. Every class that you attend, assignment you complete, and contribution that you make in lecture will help prepare you for any questions that may appear on an exam in the future. Throughout the semester you are adding to your base of knowledge in a variety of subjects. When answering an essay question, information that you may have considered irrelevant can be used to support your thesis and to demonstrate that you have been involved in the class. The more involved you are in lectures the less information you will have to cram the day before the exam.

What topics does your professor appear most enthusiastic about? All professors have a favorite topic. Not surprisingly, this topic usually makes up a significant portion of any exam that your instructor administers. I would suggest keeping a list of the topics that your professor spends an excessive amount of time exploring. This will help you remember the most important highlights of the class when the time comes to prepare for an exam.

Hold on to your syllabus

Too many times when preparing for an exam I discovered that I had lost my course syllabus—big mistake. This is arguably one of the most important sheets of paper that your instructor will give you. A syllabus will help you organize the information as you take it in and give you an idea about what topics will be emphasized on the exam. When it comes to preparing for the test, your syllabus will create a study guide for you. As the class progresses, add a few notes to your syllabus. Circle books, topics, and themes which are likely to appear on an exam.

Participate in class Not only does participation help you get closely acquainted with course material, but it also shows the professor that you are interested in his class. In college, it can seem as though professors don't even notice when you show up for class. Don't let them fool you, they notice, and your test grade usually reflects this. Any teacher that doesn't use a blind grading system, though he may not acknowledge it, is influenced by personal bias. By participating in class you can ensure that your involvement and commitment to the course is recognized.

Keep copies of quizzes, essay questions, papers etc.

I have found that most papers handed out during class come in handy when preparing for an exam. Storing such handouts in a folder is another step that will help you develop an efficient study routine. Additionally, quizzes typically test your knowledge of a topic that the professor really thinks you need to know. Whatever the topic, if it's significant enough to appear on a quiz alone, it will most certainly appear on your exam.

Regards,

Debra A. Joseph-McEwen



Academic Services



EOP's One-on-One Peer Tutoring Program provides students the opportunity to receive individualized tutorial support through being matched with a peer fellow who in many instances has had the same professor, and who has received a superlative grade in the specific subject content area in which the student requires additional help. This tutorial support program not only aids stu-

dents in being academically successful, but also in acquiring and developing study skills, strategies and techniques to employ across subject content areas, throughout their academic experience and beyond.

The tutorial supports of this program are designed to address the academic needs of the student and tailored to accommodate both the schedules of the student and tutor, thus allowing for the student to meet their assigned tutor(s) as needed to maximize on their learning potential within the sessions and their academic success within their courses.

Why are good grades important? We live in a world with a highly competitive job market. Your grades can make the difference in your being selected for that job/career you are pursuing or being accepted for admittance into the graduate program and graduate school of your choice. You want to stand out and above the rest.

EOP's Peer Assisted Learning (PAL) Program

EOP's NEW *Peer Assisted Learning (PAL) Program* offers students another opportunity to practice their learning. We offer guided study groups for specific classes. The groups are facilitated by peer fellows, a student who, like our peer tutors, has earned a superlative grade in the class and is recommended by the professor.

Students attending can expect the peer fellow to support them through the material they want to practice, helping them not just understand challenging content, but also realize that they have been learning better skills as they practice.

When: Tuesdays and Thursdays
9:15pm – 11:15pm

(Starting Tuesday, September 10th)

Where: Drake Memorial Library
(Keifer Room)

What subjects/courses: Varies Math courses, CHM205/305, BIO 221, pre-requisite nursing courses and writing

EOP Writing Workshops

Do you need **help** with improving your writing skills and technique? Having a little **difficulty** formulating a thesis statement or structuring your writing?

When: Mondays and Wednesdays
2:30 pm – 3:30 pm (Cooper Hall, Room C-25A)

Thursdays 5:00 pm – 6:00 pm (Rakov, EOP Conference Room)

For more information please contact Debra Joseph-McEwen, EOP Academic Coordinator at djosephm@brockport.edu or 585-395-5411





WOMEN'S SUPPORT GROUP!

Are you interested in joining a group of supportive women and gaining a support system during these stressful times or looking to build positive relationships and have a place to come and discuss your frustrations? If so, please join the Women's Support group!

**For more information, contact:
Latasha Craig, Senior Counselor @ 395-5437 or stop by
room G11 Rakov**

Future meetings

5:00pm to

6:00pm

**EOP Conference
Room**

10/16 11/6

10/23 11/13

10/30 11/20

12/4



EOP Nursing Support Group

This support group is designed to provide EOP nursing intents and current students of the Nursing Program an opportunity to meet and build new relationships, meet some of the faculty of the Nursing Program, gain and discuss information regarding the nursing program, discuss various careers in nursing and to share their experiences regarding issues in the field of nursing. Refreshments will be provided.

**Location:
CSTEP/McNair
Office, Rm C18
Future Meetings**

10/23 11/6

11/20 12/4

**For more information please contact
Debra Joseph-McEwen, Academic Coordinator for EOP
at (585) 395-5411 or djosephm@brockport.edu**



October Birthday Celebration

Come join the EOP family as we celebrate the October birthdays!

If you're celebrating a birthday in October or not, stop by the EOP office for some fun!

Date: Wednesday, October 16th, 2013

Time: 1:15-2:30pm

Location: EOP Office - Rakov G-20

Athlete Support Group

FOR THE FALL 2013 SEMESTER THE ATHLETE SUPPORT GROUP WILL BEGIN TUESDAY, OCTOBER 8, 2013 FROM 5:00PM – 6:15PM IN THE COMPUTER LAB OF THE EOP OFFICE. THIS GROUP WILL MEET BI-WEEKLY FOR THE REMAINDER OF THE FALL SEMESTER AND THE ENTIRE SPRING SEMESTER.

All EOP STUDENTS PARTICIPATING IN A VARSITY SPORT ARE REQUIRED TO PARTICIPATE IN THIS GROUP. THIS GROUP IS DESIGNED TO CREATE A SAFE AND INCLUSIVE ENVIRONMENT IN WHICH EOP STUDENT-ATHLETES CAN COME TOGETHER TO BUILD POSITIVE RELATIONSHIPS AND SHARE MEANINGFUL EXPERIENCES. THROUGH INTENTIONAL CONVERSATIONS WITH PEERS AND GUIDED REFLECTION ACTIVITIES, EOP STUDENT-ATHLETES WILL BECOME A SUPPORT SYSTEM TO ONE ANOTHER AND BUILD A COMMUNITY THAT WILL FURTHER CONNECT THEM TO THE COLLEGE AT BROCKPORT AND AID IN RETENTION EFFORTS.

MEETING TIMES ARE TUESDAYS FROM 5:00 – 6:15PM:

FALL 2013
OCTOBER 8
OCTOBER 22
NOVEMBER 5
NOVEMBER 19
DECEMBER 3

SPRING 2014
JANUARY 28
FEBRUARY 11
FEBRUARY 25
MARCH 11
MARCH 25
APRIL 8
APRIL 22
MAY 6



G.P.S Mentoring

CALLING ALL SOPHOMORES AND UPPERCLASSMEN WHO ARE INTERESTED IN GETTING A STEP AHEAD IN THEIR DESIRED CAREER GREAT NEWS!

EOP's "G.P.S." mentoring program is expanding and there are more spots available than ever before.

DO NOT MISS OUT ON THE OPPORTUNITY TO ENHANCE YOUR CAREER.

Speak with your EOP Counselor about the benefits of joining the "G.P.S." program and get on the fast track to career success. Sign up to participate in the Educational Opportunity Program's "G.P.S." (Growth . . . Purpose . . . Success) mentoring program by completing an application and submitting it along with your semester schedule. Build a lasting relationship with a knowledgeable faculty member who can help you better understand your desired career, share valuable insight about changes taking place in your career, and aid you in your growth and development on your journey to becoming a professional. Contact your EOP Counselor or Gabriel Marshall, Program Coordinator, by phone at 395-5434 or by email at gmarshall@brockport.edu if interested.

Career Services

I would like to take this opportunity to welcome our new freshman and returning students to the EOP program. At this time I would like to make you aware that there are some interesting postings on your career board located in the EOP hallway. For those of you who may be beginning to seek employment or need to begin your resume there is some information that will be helpful to you. I would also like to ask that if any of you have any ideas or suggestions about what type of workshops you would be interested in the area of careers please feel free to contact me either in the EOP office, via your counselors, or by phone.

Have a productive semester,
Dianne Moultrie



CHI ALPHA EPSILON

Chi Alpha Epsilon Honor Society (XAE) is a national organization founded at West Chester University of Pennsylvania and was organized in 1989. XAE, at The College at Brockport, was chartered in 2008, with two primary goals: to formally recognize and honor the outstanding academic achievement of EOP students; and to motivate current and future EOP students to strive for academic excellence.

Chi Alpha Epsilon was established to recognize the high academic achievement of students admitted to colleges and universities through non-traditional criteria. Its purposes are to promote continued high academic standards, to foster increased communication among its members, and to honor academic excellence achieved by those students.

Students eligible for this membership must have maintained a cumulative grade point average of 3.00 or higher for the last two consecutive semesters.

We encourage you to visit the Chi Alpha Epsilon Honor Society website at www.xaehonor.com to learn additional information about this organization. If you have any questions, please feel free to contact Debra Joseph-McEwen at (585) 395-5411 or djosephm@brockport.edu or Terrence Harris at (585) 395-5436.

EOP will host its annual XAE Induction Ceremony on Friday November 1, 2013. As part of the induction process, there are two separate ceremonies. Both ceremonies will take place on Friday, November 1st. The private ceremony will take place in room 220/221 Seymour College Union at 11:00am. It is a closed ceremony. Only current members and inductees are allowed to attend. The public ceremony will take place at 3pm SHARP in the New York Room in Cooper Hall.

Student Spotlight

Student: Tibian Ahmed

Hometown: Brooklyn, NY

Major: Journalism and Broadcasting

Career Goal: Producing documentary films

Counselor: Dan

We have a gifted cinematographer in the family.

Tibian presented her documentary film at the recent Diversity Conference. She had a large crowd and was very well received. Her film was originally produced in conjunction with an HBO competition. Kudos to a current and future star of the EOP family.



Congratulations to Diana Perla !!!

Diana won the Study Abroad Fair Scholarship raffle for \$1,000 that will be used to fund her study abroad semester in Da Nang, Vietnam during the fall of 2014. She is a Journalism/Social Work major



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Call.
585.395.2547



Click.
www.brockport.edu/eop



Visit.
Rakov Building, Ground



Thank You to all the students that participated in the construction of the EOP 2013 Homecoming float. Thanks to everyone involved and the support we received EOP won the "Most Spirited" award at this year's Homecoming Parade. This continues EOP's long tradition of being award during Homecoming weekend for our float ideas and school spirit.

Terrence Harris
EOP Counselor